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Peter K. Trzyna (Reg. No. 32, 601), hereby certify that this paper or fee is being filed by depositing it with the United States Postal Service "Express Mail Post Office to Addressee" service under 37 CFR 1.10 on the date indicated below and is addressed to MS: Notice of Appeal, Commissioner of Patents, P.O. Box 1450, Alexandria, VA 22313-1450 on the date set forth below:

Signed: \_\_\_\_\_

Peter K. Trzyna (Reg. No. 32,601)

Date: September 11, 2006

PATENT

Paper No.

File: Hinne-P3-01

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

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Inventor	:	Michael Hinnebusch
Serial No.	:	10/015,866
Filed	:	12 December 2001
For	:	SYSTEM AND METHOD TO IMPROVE FITNESS TRAINING
Group Art Unit	:	3639
Examiner	:	NELSON, Freda Ann

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MS: Notice of Appeal  
Commissioner of Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

**AMENDMENT AFTER FINAL**

S I R :

In response to the Office Action mailed March 10, 2006, in the above-referenced patent application, please enter the following amendment and reconsider the application in view of the amendment and the remarks set forth below. It is believed that no new matter has been added.